

The Mental Workout

1. Centering breath:

Breath in for six seconds, hold for two seconds, and then exhale for seven seconds.

2. Identity Statement: _____

3. Personal Highlight Reel:

Vision (30 seconds): Spend 30 seconds visualizing your vision of self-image.

Integrity (30 seconds): Spend 30 seconds visualizing what you need to do in the upcoming day to best position yourself to make your vision of self-image your actual reality.

4. Identity Statement: _____

5. Centering breath:

Breath in for six seconds, hold for two seconds, and then exhale for seven seconds.